

Kanab Senior Center July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheeseburger w/ Lettuce, Tomato, Onion Baked Beans Tater Tots Cottage Cheese & Pineapple Brownie <small>Meals on Wheels</small>	3 Beef & Bean Burrito Spanish Rice Southwest Salad <small>In House Lunch Only</small> Mandarin Orange Jello Salad Peanut Butter Cookie	4 CLOSED FOR INDEPENDENCE DAY  stars and stripes	5 Chicken Sandwich w/ Lettuce & Tomato Peas & Carrots Pasta Salad Peaches Berry Square <small>Meals on Wheels</small>	6 Chicken w/ Blue berry BBQ Sauce <small>In House Only</small> White Bean Chili Roasted Red Peppers & Tomatoes Red, White & Blue Salad Stars & Stripes Cake
9 Meatloaf Baked Potato Broccoli w/ Cheese Sauce Melon <small>Meals on Wheels</small> Rice Crispy Treat	10 Cedar City Shopping Turkey Dressing Casserole w/ Carrots Beets <small>In House Lunch Only</small> Fruit Jello Apple Pie Bar	11 Philly Beef Sandwich Picadilly Chips Broccoli Salad Pears Oatmeal Cookie <small>Meals on Wheels</small>	12 Chicken Strips Potato Wedges Peas Mandarin Oranges Poke Cake <small>Meals on Wheels</small>	13 Pulled Pork Sandwich Potato Wedges Coleslaw Applesauce Pudding <small>In House Lunch Only</small>
16 Beef Stroganoff Broccoli & Cauliflower Tossed Salad Banana Cherry Almond Square <small>Meals on Wheels</small>	17 Bryce Canyon Trip Hot Hamburger Potatoes & Gravy Green Beans Fruit Cocktail Oatmeal Raisin Cookie <small>In House Lunch Only</small>	Birthday Lunch & Entertainment 18 Chicken Cordon Bleu Mashed Potatoes Italian Pasta Salad Tropical Fruit Banana Cake <small>Meals on Wheels</small>	19 Fish & Chips Sunshine Carrots Pea Salad Melon Cheesecake <small>Meals on Wheels</small>	20 Chicken Ala King over Biscuits Green Beans Pineapple Rice Pudding <small>In House Lunch Only</small>
23 Spaghetti Casserole Broccoli Tossed Salad Pears Butterscotch Bar <small>Meals on Wheels</small>	24  Closed For Pioneer Day 	25 Baked Ham Cheesy Potatoes Green Beans Fruit Jello Peanut Butter Cookie <small>Meals on Wheels</small>	Zion's Way Lunch Time Activity 26 Hot Hamburger Potatoes & Gravy Broccoli Salad Peach Cobbler <small>Meals on Wheels</small>	27 Breakfast For Lunch Orange Ricotta Pancakes Sweet Potato Hash Sliced Strawberries Carrot Pineapple Sorbet <small>In House Lunch Only</small>
30 Ham & Beans Cornbread Carrots & Celery Fruit Jello Cinnamon Roll <small>Meals on Wheels</small>	31 Cold Cut Sandwich Lettuce, Pickle, Onion Potato Salad Melon Raspberry Sherbet <small>In House Lunch Only</small>			Lunch is served at 11:45. Please call the day before you would like to join us for lunch. Thank you! 435-644-5250